



Team Vandenberg --
Winner of the 2001
Moorman and
Schriever Trophies

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81 members promoted

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Community Calendar
Meetings, events, movies

BASE NEWS BRIEFS

PARTY HONORS NEW CHIEF, NCO'S, PROMOTEEES TODAY

Col. Robert M. Worley, 30th Space Wing commander, invites all base members to welcome Chief Master Sgt. Michael Morey as the new wing command chief today at 3:30 p.m. in the Pacific Coast Club. The social will be held in conjunction with the monthly promotion recognition and NCO induction ceremonies.

POST OFFICE CHANGES SERVICE WINDOW TIMES

Effective immediately the Vandenberg post office, next to the Base Exchange, will have limited service between now and 9 July. No window services will be available to buy stamps or send metered and registered mail. There are vending machines available for stamp purchases during this time frame. The service window will be open to issue any packages or large mail from 10 a.m. to 4 p.m. Monday through Friday, and 9 to 11:30 a.m. Saturday. for more information call Julio Newman at 606-6545.

2ND SPACE LAUNCH SQUADRON CHANGES COMMAND MONDAY

Lt. Col. James Hyatt III will relinquish command of the 2nd Space Launch Squadron to Lt. Col. Clinton Crosier at 10 a.m. Monday in front of Space Launch Complex-3. Call Capt. Michelle Holland at 605-4712 for information.

CHIEFS' GROUP SERVES PANCAKE BREAKFAST TUESDAY

The Vandenberg Chiefs' Group has scheduled a pancake breakfast Tuesday from 7 to 9:30 a.m. at the Chapel 1 Annex. The cost is \$4 per person. Tickets can be purchased through chiefs and first sergeants.

CHAPEL HOLDS MONTHLY PRAYER BREAKFAST

This month's inter-faith prayer breakfast is scheduled for Thursday from 6:30 to 7:20 a.m. at the Chapel 1 Annex. The guest speaker is Col. Suzanne Vautrinot, 14th Air Force, chief of operations. The breakfast is free.

FREE AIRMAN APPRECIATION BARBECUE SET FOR JULY 13

All senior airmen and below and their families are invited to a free barbecue at Cocheo Park July 13, from 11:30 a.m. to 2 p.m. This event is sponsored by the Lompoc Valley Chamber of Commerce Military Aerospace Committee, local merchants, and the Non-commissioned Officers Association. For information, contact a first sergeant.

AFA HOLDS CHARITY GOLF TOURNAMENT JULY 20

The Air Force Association Robert H. Goddard Chapter will hold its 32nd Annual AFA Charity Golf Tournament July 20 at Marshallia Ranch Golf Course. For information, call Dick Kline at 733-0720.

VANDENBERG TOP THREE AWARDS SCHOLARSHIPS

The Top Three will award two \$300 scholarships during the Aug. 16 general membership meeting. The scholarships are targeted at the base's active-duty enlisted members. Candidates must submit a two- to three-page essay featuring an important aspect of enlisted military history. The deadline is Aug. 9. For information, call Master Sgt. Jeff Sherrill at 606-5595.


BASE HONOR GUARD SEEKS NEW MEMBERS

The Vandenberg Honor Guard is seeking

See BRIEFS Page 4


30th Weather Squadron's weekend forecast

Today




Low/High
52/73

Saturday



Low/High
51/71

Sunday



Low/High
50/70

Visit the 30th Weather Squadon's website at www.vandenberg.af.mil/30sw/organizations/30og/weather/weather_index.html to get a five-day forecast.



ARMAN MICHELLE MIRANDA

A \$1.6 million dollar transport erector rests upside down on El Rancho Road June 29 after a single-vehicle accident on North Vandenberg. The two occupants were transported to Lompoc Hospital for treatment. The 32-wheel vehicle was carrying an unarmed Minuteman III booster used for training.

Airmen suffer injuries in accident

By STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

Two staff sergeants from the 576th Flight Test Squadron were injured when the transport erector vehicle they were driving overturned on North Vandenberg around 10 a.m. June 29. The \$1.6 million transporter slid into a ditch while traveling in a convoy on El Rancho Road. The 70-ton vehicle was carrying a Minuteman III training booster. The fire department dispatch center received a 911 report of a vehicle rollover involving the missile transporter, said Jim Lowsley, deputy base civil engineer. A fire engine, rescue vehicle, ambulance and chief fire officer immediately responded. "While responding, we were given the word that the missile on board was inert," Lowsley said. Once on scene, the fire crews removed the driver and passenger and the ambulance crew transported them to Lompoc District Hospital. "It's unfortunate this happened, but with the rapid response of Team Vandenberg's emergency crews, the accident scene was secured and our two airmen received prompt

medical attention," said Lt. Col. Douglas Kelley, 576th FLTS commander. The driver was treated for minor injuries and released. The passenger suffered more severe injuries and was released the following day. A team from Hill AFB, Utah, will recover the vehicle with specialized equipment. During recovery efforts, the 30th Security Forces Squadron will limit El Rancho Road traffic to mission-essential personnel only. "We ask that all nonmission-essential personnel stay away from the area to allow the recovery operation to proceed safely without interruption," said Lt. Col. Mark Schoning, chief of base safety. "The 576th performs Air Force Space Command's critical test mission with an utmost concern on safety, in order to realize our vision to be the world's premier test unit, demonstrating deterrence and the future of ICBMs in America's defense," Kelley said. An Air Force safety investigation board is working to determine the cause of the accident and the extent of the damage to the vehicle.



STAFF SGT. JANICE CANNON

A transport erector places a missile booster into an ICBM silo on north base.

School offers distance learning for VAFB graduate students

By 2ND LT. MIKE TKACZ
30th Space Wing Public Affairs

Educational opportunities abound for Team Vandenberg members who are in quest of their graduate degree. For those people who can't attend graduate degree courses in residence, distance learning is a viable alternative. Distance-learning students attend class on base and participate via video in classroom activities that are happening at the main campus. Serving the Central Coast, California Polytechnic State University's distance learning program has been here since 1999. "Cal Poly State University's college



SENIOR AIRMAN STEVE SCHESTER

Capt. Kenneth Bole, 533rd Training Squadron, presents his thesis to professors from California Polytechnic State University. Bole was the first VAFB graduate of Cal Poly's distance learning program.

is ranked within the top 10 western universities in the nation by U.S. News and World Report in the category of non-Ph.D. engineering programs," said Professor Jin Tso, chair of Cal Poly's aeronautical engineering department. "Cal Poly offers a very competitive education in terms of value when the quality of instruction is compared to the cost." This full-fledged Masters Degree in Aerospace Engineering program includes courses in aeroacoustics, aerothermodynamics, structural dynamics, orbital mechanics, rocket propulsion and many more. The graduate program at Vandenberg uses the same faculty, curriculum, class schedule and catalog as the main campus located in San Luis Obispo. In September 1998, Capt. Kenneth Bole, section chief in the 533rd Training Squadron, entered Cal Poly's aerospace engineering program. Bole recently passed a milestone as the first Cal Poly distance-learning graduate from Vandenberg. "I am in the process of applying for the astronaut program and wanted to earn a graduate degree from a reputable school," said Bole, who maintained a 3.75 grade point average. Cal Poly's classes are not the only educational opportunities available to Team Vandenberg. Allan Hancock College, Chapman University and University of La Verne are also available here. For more information, call the educational center at 605-5904.

Members can learn more about U.S. Saving Bonds on the U.S. Department of Treasury website at www.savingsbonds.gov. To sign up for a bond, call Maj. John Riggins, U.S. Savings Bonds installation project officer, at 606-9750 or talk to a unit representative. For more information about savings bonds, visit the website at www.savingsbonds.gov.




■ The annual payroll U.S. Savings bond campaign started June 1 and runs through July 23.

Air Force releasing staff sergeant list early

■ **RANDOLPH AIR FORCE BASE, Texas** — For the second year in a row, the Air Force will release the list of the service's newest staff sergeants earlier than expected. The release, which normally happens the first week of August, will now take place the first duty hour of July 19 (July 20 for those units across the international date line). "We're very pleased with the early release because we expect another bumper crop of new staff sergeants this year," said Chief Master Sgt. Greg Haley, chief of the enlisted promotion and military testing branch chief at the Air Force Personnel Center here. A reason for the early release is the continued push by the Air Force to shorten the waiting period between testing and announcement. "If we're ready, why not release it?" Haley added. "These early announcements cut down on the anxiety level of our hard-working troops, many who spend the better part of a year preparing for these tough, but fair promotion exams." Although the list of promotees will be released early, actual promotions will not begin until Sept. 1. Promotion statistics will be released as soon as they become available, said AFPC officials. (Courtesy of AFPC News Service)

Network featuring special on Air Force

■ **LANGLEY AIR FORCE BASE, Va.** — A behind-the-scenes look at the Air Force's premier aerial-combat exercise airs on the PAX television network Saturday. "Above And Beyond: The Air Force Experience" is an hour-long show filmed at Nellis Air Force Base, Nev., in October 2000 during a Red Flag exercise. It is narrated by Academy Award-winning actor Cuba Gooding Jr. and stars the men and women of the Red Flag staff at Nellis and the 3rd Wing at Elmendorf AFB, Alaska. Red Flag exercises sharpen aerial combat skills by providing realistic training in a combined air, ground and electronic threat environment — the same environment found on potential battlefields around the world. Nellis hosts four Red Flag exercises each year. The show is scheduled to air at 5 p.m. in the Eastern and Pacific time zone. A station listing for the PAX TV network can be found at <http://www.pax.tv/cities.cfm>. More information is available on the PAX Web site at <http://www.pax.tv/specials/specials.cfm>.



Commander's Action Line

Mission success is our top priority, and the talented men and women of Team Vandenberg get it done with excellence. Key to the effectiveness of any great team is good communication. The 30th Space Wing Commander's Action Line is your direct communication link to me. It provides an avenue for you to voice your concerns, share constructive ideas, or give your Vandenberg teammates a pat on the back. I appreciate your input, and I am personally involved in every response.

While the Commander's Action Line is a great way to communicate, don't forget there are many other avenues to get answers to your questions including your chain of command, first sergeants, base services officials, and many other base professionals.

Thanks for helping to make Vandenberg such a great place to work and live. When calling the action line, please leave your name and phone number.

Handy phone numbers

EMERGENCY.....	911
Information.....	411
Poison control.....	800-876-4766
Clinic appointments.....	606-4077
Healthwise line.....	888-252-3299
TRICARE services.....	800-242-6788
Law enforcement.....	606-3300
Housing maintenance.....	734-5586
Child Development Center.....	606-1555
MPF customer service.....	606-7756
Visitor control center.....	606-7662
Fitness center.....	606-3832
Chaplain (after hours).....	606-9961
Red Cross (duty hours)	606-1855
Red Cross (after hours).....	800-660-4272
EOD (duty hours).....	605-1375
EOD (after hours).....	606-9961
Pest Control.....	606-1936
Base operator.....	606-1110



Buckle up

Col. Mark Owen, 30th Operations Group commander, talks to a driver during a pre-holiday seatbelt check Tuesday at the main gate. Traffic safety statistics show that in most car accidents, seatbelt use prevents serious injury or death.



SENIOR AIRMAN STEVE SCHESTER

Action line


606-7850

or e-mail your message to actionline@vandenberg.af.mil

DOD PROGRAM SEEKS TO REDUCE COMMUTING PROBLEMS

Q The DoD Transportation Incentive Program was activated July 1. What is the base doing to see that implementation is accomplished at Vandenberg?

A The Transportation Incentive Program encourages federal workers to use mass transit or vanpools to and from work to reduce traffic congestion, air pollution and save money by providing people with commuting alternatives. Unfortunately, we're unaware of any local vanpools that meet the requirements of the program. There's also a lack of mass transit that serves the base, which poses problems for implementing the program at Vandenberg. Currently, the City of Lompoc Transit and Santa Maria Area Transit are conducting a study that may provide justification for additional routing and service. Additionally, we're ready to work with any vanpool operator once they register with the local transit authority. Check the base paper and Vandenberg News and Notes for updates regarding this program.



No One Comes Close
www.af.mil



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The *Space and Missile Times* is published by Lompoc Record Publications, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 30th Space Wing.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

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Editorial content is edited, prepared and provided by the Vandenberg AFB Public Affairs Office. All photos, unless otherwise indicated, are Air Force photos. The Public Affairs Office reserves the right to edit all submissions for style and space. **Deadline for publication deadline is 4:30 p.m. every Friday.**

Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303; or by e-mail to Space&MissileTimes@vandenberg.af.mil

Questions regarding the paper can be directed to the *Space & Missile Times* staff at (805) 606-2040.



SENIOR AIRMAN STEVE SCHESTER

“Take Care of Yourself” books offer self-care guidance for minor injuries and illnesses. The books also advises patients to seek medical attention for serious injuries.

Vandenberg members tack on new rank this month

■ The following Team Vandenberg members will be or have been promoted during July:

Airman
Christie Allen, 30th Security Forces Squadron
Jason Lubas, Detachment 1, 345th Training Squadron
Ronald McNutt, 532nd Training Squadron
Kevin Pennington, Det. 1, 345th TRS
Leann Katz, 30th SFS
Stephanie Kilkenny, Det. 1, 345th TRS
Jennifer Simpson, Det. 1, 345th TRS
Chester Kendrick, Det. 1, 345th TRS
Daniel Scott, Det. 1, 345th TRS
Richard Broome III, Det. 1, 345th TRS
Robert Dillinger, Det. 1, 345th TRS
Jay Potter, Det. 1, 345th TRS
Erika Davidson, Det. 1, 345th TRS
Ronald Tifre, Det. 1, 345th TRS
Rios Guillermo Sandoval, Det. 1, 345th TRS
Jason Hart, Det. 1, 345th TRS
Iris Sarzoza, 532nd TRS
Larissa Hagan, Det. 1, 345th TRS
Frank Dati, Det. 1, 345th TRS

Desiree Meyers, Det. 1, 345th TRS
Jonathon Werner, Det. 1, 345th TRS
Airman First Class
Holly Krejci, 533rd Training Squadron
Sung Jae Park, 30th Aeromedical-Dental Operations Squadron
Mora Mervil Venegas, 30th ADOS
Tamara Janca, 392nd Training Squadron
Marisol Cortez, 30th ADOS
Bryan Barcus, 30th SFS
Chaunte Shepherd, 532nd TRS
Senior Airman
Trevor Kirchbaum, 30th Civil Engineer Squadron
Milosz Bartosz, 30th CES
David Silva, 30th CES
Mathew Edom, 30th SFS
Jason Kornegay, 30th SFS
John Lourenco, 30th SFS
Monica Noe, 30th Space Wing
Amanda Wofford, 381st Training Support Squadron
J. Sanders, 576th Flight Test Squadron
Scott Monds, 30th SFS
Alejandro Espinosa-Garcia, 30th SFS

John Smith, 30th SFS
Mathew Holland, 30th SFS
David Hicka, 30th CS
Mathew Ruggiero, 30th CS
Richard Nelson III, 30th SFS
David Coleman, 30th SFS
Nicholas Peters, 30th Transportation Squadron
Daniel Montes, 576th FLTS
Cliffon Styles, 30th SFS
Lindsay Crespo-Gomez, 30th SFS
Monique Davis, 30th SFS
Anthony Garcia, 30th SFS
Roan Betuel, 392nd Training Squadron
Staff Sergeant
Leigh Pollard, 30th MOS
Eryn McConnell, 30th MOS
Joseph Ellis, 30th Range Squadron
Christopher Anderson, 30th SFS
Michael Munyon, 30th SFS
Latoya Thomas, 30th SW
Thomas Nuttall III, 30th TRANS
Gregory, Brian, 532th TRS
Technical Sergeant
Mark Perkins, 30th Operations Group
Andrew Tiedge, 30th SFS
Kristie Hall, 381st TRS

Corey Johnson, 532nd TRS
Joseph Stratil, 533rd TRS
Paul Nash, 614th Space Operations Squadron
Brian Gmys, 614th SOS
Shawne Urban, 614th SOS
Master Sergeant
Lewis Engstrom, 14th Air Force
Rodney Gray, 14th AF
Cheryl Garin, 532^d TRS
Gerd Scheller, 534th TRS
Edward Speller, 576th FTS
Stevie Holloway Sr., Det. 1 345 TRS
Lawrence Cernicky, 614th SOS
Senior Master Sergeant
Brian Joseph, 30th Support Group
James Norman, 576th FTS
First Lieutenant
James Washburn, 30th Operations Support Squadron
Captain
Dee Dee Vasquez, 30th CS
Christopher Brady, 76th Helicopter Flight
Major
Rodney Knight, 30th ADOS
Civilian Promotions were not available at press time.



SENIOR AIRMAN STEVE SCHESTER

Vandenberg Spotlight

Name: Senior Airman Travis Goodman
Assignment: 30th Transportation Squadron passenger travel supervisor
Hometown: Memphis, Tenn.
Time on Vandenberg: six months
Hobbies: Reading, chess, biking
Philosophy: “My job is very rewarding ... when I help customers during stressful times.”
Supervisor comment: “He’s made significant contributions ... for customers traveling on official business,” said Master Sgt. Joseph Benavente, 30th TRNS traffic management flight superintendent.

Med group urges team to ‘Take Care of Yourself’

By DR. LAURA POLITO

30th Medical Group

Have you ever awakened after three days of coughing, congestion and runny nose and thought, “That’s it! I’ve had it. I’m calling the clinic to be seen today.” When you call, you get busy signals, repeated phone transfers and, finally, the appointment clerk tells you there are no appointments available.

Anyone who has been in the military for a significant period of time recognizes this scenario. What about the changes that we keep hearing about? Will it ever get any better?

The good news is that the answer is a resounding “YES.”

The 30th Medical Group has spent many months restructuring and reorganizing in order to provide better, more timely, health care to our patients. But we can’t do it without your help. Working as a team, we can make the 30th Space Wing the healthiest and fittest fighting force in the world!

What can you do? At the med group, we simply say, “Take Care of Yourself.”

“Take care,” is a traditional phrase we use to express our feelings to our friends and family. It means, “When I see you again—be healthy.” In health care, “take care of yourself” has many meanings.

First, it means maintaining habits that lead to strength and health. Your lifestyle is the most important factor in your long-term vigor. Through regular aerobic exercise, healthy eating, and not smoking you can postpone most serious or chronic diseases.

“Take Care of Yourself” books are available at the family practice clinic. The health care information number is (800) 922-2883.

Second, take care of yourself means periodic well visits to a health professional. During these visits, periodic screenings for diseases such as high blood pressure, cervical cancer or glaucoma can lead to early detection and correction.

Third, it means responding quickly and decisively to your medical problems as they arise. Most of the time, you can act as your own doctor with appropriate self-care. In fact, around 80 percent of new problems are treated at home—many more could be. Millions of unnecessary doctor visits attest to our national quest for a symptom-free existence. Eleven percent of these are for uncomplicated colds. Many more are for simple ankle sprains, minor cuts that don’t require stitches, or simple advice about medications.

That said, for every type of problem there are some instances in which you should decide to see the doctor, and some you shouldn’t. Remember, not all illnesses require a visit to the doctor’s office.

The fourth, and most important, meaning of “take care of yourself” is this: your health is your responsibility—it depends on your decisions. Only you can decide how to live, whether to see a doctor, which doctor to see, when to go, and whether or not to take the advice offered. No one else can make these decisions for you. They have a profound

effect on your life and your future.

The decision to, or not to, visit your doctor is critically important.

If you delay a visit to the doctor when you really need it, you may needlessly suffer. On the other hand, if you go to the doctor when you don’t need to, you waste time, lose money and sometimes dignity. You may lose confidence in your ability to judge your health. Even worse, you can suffer physical harm if you receive a drug that you don’t need, or undergo a procedure that isn’t required.

The medical group’s intention is to provide you, the healthcare consumer, with the information necessary to make these critical decisions. We have several sources of information that can be easily accessed.

First and foremost, we have worked to provide the entire base population with the books “Take Care of Yourself and Take Care of Your Child.”

These are excellent sources of information for common problems. These books will aid you in making your decision where to go.

Another repository of helpful information is the Health Care Information Line. The phone number is 1(800)922-2883 and is listed on every TRICARE card.

Finally, the nurses in the clinic are more than qualified to advise you on common medical problems.

With the books, the information line and the nursing staff at your disposal, you have the power and the resources to control your own health without ever making an appointment!

So, “Take Care of Yourself!”

Officials urge recent re-enlistees to examine pay closely

■**RANDOLPH AIR FORCE BASE, Texas** — Air Force Personnel Center officials here are asking people who have re-enlisted, extended their enlistments or been promoted recently to look closely at their latest Leave and Earnings Statements to ensure they are receiving all of their pay.

Problems with the Air Force’s new personnel data system may have caused the “suspension of pay records” for hundreds who re-enlisted within 30 days of their dates of separation or who have extended their enlistment since late April. These problems could lead to those individuals not being paid, said officials here.

“What this means is that some folks may not have gotten paid, or may not see expected increases in their pay,” said Lt. Col. Richard Treasure, chief of the systems requirements division here. “This really bothers us since we’ve been working hardest with this

transition to keep peoples’ pay from being affected. And it takes on that much more urgency now.”

There is, however, a way for those impacted to receive their money, according to Defense Finance and Accounting Service officials. Affected airmen can take their re-enlistment or extension contract to their accounting and finance office to receive their pay through electronic funds transfer that takes, on average, three to five days.

Another problem affects the pay of airmen promoted in June.

Some officers and enlisted members promoted in June did not get their pay increase on time, according to Treasure. That problem should be corrected by the middle of July, he said.

Individuals who find discrepancies with their LES should work with their local military personnel flights and accounting and finance offices, he said. *(Courtesy of AFPC News Service)*

BRIEFS from Page 1

new members and buglers. People interested in joining the honor guard should contact Staff Sgt. Jessyca Castillo at 606-3654.

GARAGE SALE SIGNS ONLY ALLOWED AT SALE SITE

Housing and mobile park residents are reminded that garage sale signs may only be posted on the property of the residence where the sale is being conducted. Space wing instructions state garage sale signs may not be attached to telephone poles, power poles, street light poles and trees. Sign are also not allowed in any location near public right-of-ways. For more information, call military family housing at 606-3434.

AFRICAN-AMERICAN ASSOCIATION MEETING THURSDAY

The African-American Association has scheduled a general membership meeting Thursday at 3 p.m. in the Chapel 1 Annex. All active-duty members, spouses, dependents, and retirees are welcome. For more information, call Master Sgt. Quinn Johnson or Cora Armstrong at 605-6354 and 605-8718, respectively.

VACATION BIBLE SCHOOL SCHEDULED NEXT WEEK

Vacation Bible school begins Sunday, and runs through Thursday. People can register today at Chapel 1. This years theme is “Polar Expedition!” VBS is for youth preschool age through sixth grade. Call Jill Hembroff at 606-5773 for more information.



AIRMAN 1ST CLASS AMANDA COCHRAN

Stop, drop and roll

Bob Gobel, 30th Civil Engineer Squadron fire engineer, evaluates the stop, drop and roll technique during the base’s first fire camp held

Saturday and Sunday. Fifty-two base children attended the two-day camp where they learned fire safety, first aid, extinguisher use and exit drills.

Local Air Force Association supports education programs

By **CAPT. MELISSA REIDY**
392nd Training Squadron

The Robert H. Goddard Chapter No. 266 of the Air Force Association is a strong advocate of aerospace education programs within local communities.

To that end, the Goddard chapter recognizes local teachers and funds aerospace education grants. Additionally, the chapter awards scholarships and grants to Team Vandenberg’s enlisted members, Civil Air Patrol cadets, and

sponsors local children who wish to attend the Endeavor Space Camp.

Formed after World War II, the Air Force Association is a non-profit, civilian organization that focuses on increasing the public’s understanding and acceptance of a strong military.

They emphasize the pivotal role that a well-manned, well-equipped and well-trained Air Force plays in the security of the nation and its allies. The AFA champions the role American military strength contributes to global peace.



**30th Space Wing
No One
Comes Close
www.vafb.af.mil**

Community Calendar

9MON

The Tri-Counties Blood Bank will hold a **blood drive** Monday from 8 a.m. to noon at the 30th Medical Group auditorium. For more information, call Capt. Alfredo Olaes at 606-8475.

The 30th Medical Group will hold an **Operation Baby Launch** at the base clinic auditorium Monday at 5 p.m. Attendees will have an opportunity to learn about local hospital resources, TRICARE financial concerns, the family practice clinic and more. For more information, call Capt. Jean Eagleton at 605-8254 or Nancy Sias at 606-8217.

Allan Hancock College **pre-natal and post-partum fitness classes** will be held Mondays and Wednesdays from 4:30 to 6:30 p.m. in the base gym annex, Wyoming Avenue. Call Nancy Sias or Valerie Andersen at 606-8217 or 606-5338 to register.

10TUES

The **Single Parents Support Group** will be meet Tuesday at 11 a.m. in the Pacific Coast Club. The group meets to discuss any issues regarding single parenting as well as self care. For more information call Linda Bastine at 606-9958.

A **stress/self management class** will begin Tuesday at 2 p.m. in the health and wellness center. The eight-week course will cover effective communication, conflict management, relaxation training and positive lifestyle choices. Call Linda Bastine at 606-9958 for registration or information.

11WED

The **110th Annual Santa Barbara County Fair** will be held Wednesday through July 15 from 11 a.m. to 10 p.m. at the Santa Maria Fairpark. Participants can enjoy homegrown produce, carnival and western music by some of Nashville’s finest. Tickets are \$6 for adults, \$3 for senior citizens and children under eleven. Children 5 and under are free. For more information, call (805) 925-8824.

12THUR

The **Hispanic Heritage Month planning committee** meets in the services center Thursdays from 11:30 a.m. to 12:30 p.m. People do not have to be Hispanic to participate. For more information, call Master Sgt. Pablo Mendez at 606-6504 or Senior Airman Alexander Rodriguez at 606-1541, extension 3718.

A **personality and temperament in your children** parenting class begins Thursday at 2 p.m. in the health and wellness center. The course offers parents information about learning styles, adaptability and personality traits. Call Linda Bastine at 606-9958 for registration or information.



SENIOR AIRMAN STEVE SCHLESTER

Hoola good time

Vandenberg children compete in the 6 years and up age division hoola hoop competition during the base Fourth of July celebration Wednesday next to the bowling center. Approximately 1,500 people attended the event which celebrated the 225th birthday of America’s independence.

13FRI

A **mutual funds seminar** will be held July 13 at 11 a.m. in the family support center. Attendees can learn how to make their money work for them and the basics of investing in mutual funds. Call Jimmy Camacho at 606-4491 to register.

The Lompoc Valley Chamber of Commerce Military Aerospace Committee, local merchants, and the Non-commissioned Officers’ Association will hold a **free barbecue with all the trimmings** for all E-4s and below at Cocheo Park July 13 from 11:30 a.m. to 2 p.m. Active-duty members may bring their families to the event. Guests may bring their favorite music on CD. For more information, contact a first sergeant.

14SAT

The Vandenberg Enlisted Action Team will hold a **free Hip Hop concert** at the base theater July 14 at 8 p.m. For more information, contact Airman 1st Class Richard Bugbee at 606-9236.


16MON

An “**Assignment Korea**” briefing will be held July 16 at 1:30 p.m. in the family support center. Attendees can learn about the people, culture and tourism. Contact relocation assistance at 606-0801 for registration or information.

20FRI

The Air Force Association will hold their **annual charity golf tournament** July 20 at Marshallia Ranch Golf Course. Players may check-in for the event between 10:30 a.m. and noon. A putting contest will be held between 11:15 a.m. and noon. The tournament will begin with a shotgun start at 12:30 p.m. The \$75 entry fee includes a lunch, greens fees, a cart and beverages for the day. At 6 p.m., several prizes will be given away. All proceeds benefit AFA programs. To sign up, call Dick Kline at 733-0720, Larry Gooch at 347-9987 or Col. Mark Owen at 606-8856.

The **Obon Festival** will be held July 22 at the



At the movies

Today

SHREK

Starring Cameron Diaz and John Lithgow.

Hideous green monster, Shrek, sets out on a quest to find his perfect wife, as an equally ugly princess, and terrifies everyone he meets during his adventures. Based on the picture book by William Steig. Rated PG.

Saturday 3 p.m.

SHREK

Saturday

WHAT’S THE WORST THAT COULD HAPPEN?

Starring Martin Lawrence and Danny Devito.

Kevin and Max have made careers out of stealing. Kevin Caffrey is a professional thief with a taste for the finer things and billionaire Max Fairbanks is a ruthless businessman used to getting whatever he wants. Rated PG-13.

Sunday

WHAT’S THE WORST THAT COULD HAPPEN?

All movies start at 7:30 p.m. unless otherwise noted.

22SUN

Santa Maria Fairpark. The celebration features traditional Japanese foods, arts and traditions. For more information, call (805) 925-8824.

24TUES

The **Aerospace Engineering Department at Cal Poly** will offer courses this summer to students at Vandenberg. The second summer session starts July 24. Students already accepted into the program can go to www.power.calpoly.edu to register. New students can go to www.ess.calpoly.edu/_admiss/ to apply for admission. For more information, call the base education office at 605-5904.

25WED

The **Mid-State Fair** in Paso Robles will be held July 25 through Aug. 5. The event will feature fun and entertainment for the entire family as well as a selection of the hottest acts in music today. For more information, call (805) 238-0506.

S30th Services



NEWS



Jason Wells, a long-time bowler at the bowling center, was the May winner of the Thunder Alley-Rock 300 Experience. Two players' names are drawn monthly at the Bowling Center for entry in the contest which has been running since February. *Congratulations!* Jason for winning a bowling ball, bowling bag and towel! *(Courtesy photo)*

VANDENBERG YOUTH SUMMER Sports Program

YOUTH SOCCER
Registration continues until July 20, or until filled, for girls soccer leagues, ages 12 and 13 only. Sign up now - limited slots available!
Call 606-2152 for more information.

YOUTH BASKETBALL CLINIC
Basketball fundamentals offered for youth 8 - 13 years.
Location: Youth Center gym
Registration: now through July 13 for players going into 3rd-9th grade
Clinic Date: July 16 - 20
Cost: \$15 per player (\$10 for Youth Center members)

YOUTH SOFTBALL CLINIC
Fundamentals of fast pitch softball. Girls 8-14 years.
Location: youth softball field # 1
Registration: now through July 22 for players 8-13 years
Clinic Date: July 23 - 27
Cost: \$15 per player (\$10 for Youth Center members)

Registrations will be taken Monday to Friday from 7 a.m. to 5 p.m. at the Youth Center. For more information, call 606-2152. (These clinics are nonrefundable.)

Vandenberg Information, Tickets & Tours

LAGUNA ARTS FESTIVAL & Pageant of the Masters

July 27 to 28
\$150 per person sharing,
single add \$70

Includes:

- Lodging at the Countryside Inn including full buffet breakfast
- Transportation by luxury restroom-equipped motorcoach
- Free time to shop/browse in Laguna Beach
- New Getty Museum

The Pagent is an incredible show featuring live models in famous works of art!

For more information, or reservations, call VITT at 606-7976.



Located at the Services Center

STYLES of MASSAGE available:

- **Swedish Massage**
- **Deep Tissue Massage** by appointment

Gift Certificates are available!

Call Mary at 605-4748 or 717-9088

OUTDOOR REC

MOUNTAIN BIKE RIDE - July 19 at 5 p.m. Cost: \$5, register at Outdoor Rec. Bikes are available for rental with prior arrangement. **ATWIND EVENT!**

FITNESS CENTER

TRIATHLON is COMING!
Start training now for Aug. 11 5K run, 20K bike, 400m swim! Deadline is July 23. For more information, call the fitness center at 606-3832. **ATWIND EVENT!**

AEROBIC PROGRAM - Effective Friday, the 4 p.m. Cycling Class will be held at 12 p.m. This change affects only the Friday cycling classes.

RACQUETBALL TOURNAMENT - July 13 at 11 a.m. at the Fitness Center. Cost is free.

SOFTBALL ALL-STAR GAME - July 13 at 6 p.m. at field No. 1. Cost is free.

GOLF

FRIDAY - Shotgun Start Tournament at 12:30 p.m. Open Play Shotgun at 7:30 a.m.

SATURDAY - Highway Patrol Shotgun Tournament, 1 p.m. Open Play Shotgun at 7:30 a.m.

SUNDAY - Organizational Tournament at 10:30 a.m. to 2 p.m.

SWIMMING

YOUTH WATER POLO - Session II, Monday through July 20 for boys and girls ages 8 to 14. Classes are M-W-F, 6:15 to 7:15 p.m. For information, call 606-3581.

SCUBA DIVING LESSONS - Call Bob Johnson at 735-5320 for more information.

BOWLING

EVERY FRIDAY - 'Eat & Bowl' special for July, 5 p.m. until closing. Cheeseburger, fries, beverage and three bowling games, including rental shoes for \$7 per person.

SPECIAL AFTER-SCHOOL PROGRAM is being offered for July and August for school-age youth. Cost: \$15. Youth may bowl from opening to 5 p.m. for 50¢ per game. Call 734-1310 for more details.

BOWLING CENTER - will be closed Sundays until Sept. 2.

LIBRARY

BOOK-A-TRIP SUMMER READING PROGRAM
For ages 4 to 16. Fun! Adventure! Excitement!
Registration ends July 28. Call 606-6414 for information. **This is an ATWIND EVENT!**



Play ATWIND at these activities!

THIS WEEK'S PLACES TO PLAY:

Friday-	ATWIND Golf Day, all day!
Saturday-Saturday-Saturday-	Youth Bowling at the bowling center, all day! Youth Golf at Marshallia Ranch, all day! Skills Auto Hobby Shop, all day!
Sunday-	ATWIND Trip to Dodgers Game
Monday-Monday-Monday-Monday-	ATWIND Fitness Day, fitness center, all day! (minimum 30 min. workout) Blood Donation, 30th Medical Group auditorium, 8 a.m. to noon Lunch at the Pacific Coast Club, 11 a.m. to 1 p.m. Operation Baby Launch, 30th MG auditorium, 5 to 6:30 p.m.
Tuesday-Tuesday-Tuesday-Tuesday-Tuesday-	Single Parents Group, family support center 11 a.m. to 12:30 p.m. Lunch at the bowling center, 11 a.m. to 1 p.m. Stress Management Class, at the health and wellness center, 2 to 4 p.m. Precision Cycling, Services Center, 4 to 4:55 p.m. Family Night, Pacific Coast Club, 6 to 8 p.m.
Wednesday-Wednesday-Wednesday-Wednesday-	ATWIND Library Day, all day! Tickets, Vandenberg Information Tickets and Tours, all day! Lunch at Breakers & AETC dining hall, 11 a.m. to 1 p.m. Water Aerobics, Family Aquatics Center, 11:30 a.m. to 12:15 p.m.
Thursday-Thursday-Thursday-Thursday-Thursday-	Skills - Arts & Crafts, all day! ATWIND Bowling, bowling center, all day! Monthly Prayer Breakfast, Chapel One, 6:30 to 7:20 a.m. Lunch at the golf course, 11 a.m. to 2 p.m. Personality & Temperament in Your Children, FSC, 2 to 3:30 p.m.
July 13-July 13-	ATWIND Golf Day, all day! Mutual Funds, FSC 11 a.m. to noon

Play ATWIND by logging onto atwind.com or call 1-888-597-9960.

ONGOING EVENTS through Aug. 31
You can get an ATWIND game piece by participating in a number of base activities.
For a detailed list of these events, go to www.30svs.com and click on the **ATWIND ADVERTISEMENT!!**

You could win a NEW CAR, VACATION TRIP, CASH and much more! Vandenberg AFB can also win thousands of dollars when you play ATWIND!

For more information, contact ATWIND Headquarters, 605-8974 or Services Marketing, 606-0276.

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